

Re-Learn your life
without cigarettes.

Identify your smoking
triggers.

Meet others who are
trying to quit...
LIKE YOU!



www.BecomeAnEX.org

**EX is a free way
to quit tobacco
on line.**



**What do Quitline users
have to say.**

"You've been great support."

"I feel like I am doubly
motivated now."

"I've been recommending
this program to
everyone."

"The quit coach
was amazing...
kind, caring and
sincere."



QuitlineNC

**Time to
Quit!**

You can quit. We can help.



Tobacco Prevention & Control Branch
North Carolina Division of Public Health
1932 Mail Service Center
Raleigh, North Carolina 27699-1932

Phone 919-707-5400

Fax 919-870-4844

State of North Carolina • Beverly Eaves Perdue, Governor
Department of Health and Human Services
Division of Public Health

www.ncdhs.gov

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1-800-QUIT-NOW

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TTY 1-877-777-6534

8am - 3am 7 days a week

**Calls are free and
confidential**

